

# BREAK THE FOOD MYTH!

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RECONNECT WITH THE WISDOM OF YOUR BODY AND UNDERSTAND  
FOOD'S POWER TO SUPPORT A HEALTHY SUPERLIFE!

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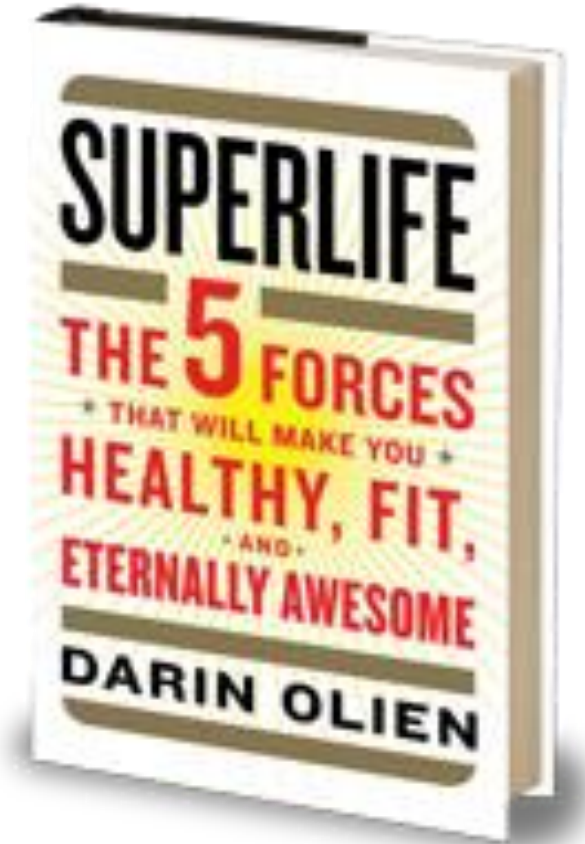


## USING THE FIVE FORCES TO CREATE A SUPERLIFE

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***SuperLife is centered around the five forces – these control our health and are what we need to think about to have good health.***

- *Take care of the five life forces and our bodies will do the rest. That's what our bodies were made to do.*
- I put this book together to give *you* the power back, to go back to the basic, instinctual, powerful, and ultimately *simple* way of eating for real health!





“Somewhere between 10 and 20 percent of disease is caused purely by genetic disposition, and the rest is strongly influenced by lifestyle choices. We carry many genes, but they don’t all express themselves. *The DNA listens to the environment that we create.* Unhealthy diet and other bad habits promote one kind of gene expression. Eating good, fresh plant foods, and getting plenty of water and exercise encourage another.”

The healthy, disease-resistant body is produced by maintaining the **5 LIFE FORCES.**

# WHAT ARE THE FIVE LIFE FORCES?

**NUTRITION:** Everything we EAT. The foods themselves, and also everything they contain, which can be a very long list. We many not always know everything that's on that list, *but our bodies do. What to eat and what NOT to eat.*

**HYDRATION:** The mere fact that we are mostly water should be enough to explain this one.

**OXYGENATION:** Like water, we know we need it, though we don't all know the many reasons why.

**ALKALIZATION:** This one's a bit trickier. It has to do with the balance of acidity and alkalinity in our internal environment.

**DETOXIFICATION:** This includes our immune system, which has a lot to deal with, plus the process of handling all the toxins and poisons and other junk the world throws at us.

# LIFE FORCE ONE: NUTRITION



- **FEEDING OUR CELLS**
  - We have genetic dispositions, but how they are expressed depends to a large degree on what we put into our mouths. (Epigenetics)
  - When we eat, the external things become us - our organs, bones, muscles, nerves, etc.
  - **Ask yourself if what you are about to eat is fueling health or disease?**
- If the things we eat have been processed – manipulated and broken apart with most of the fiber and nutrients thrown away – then we end up consuming something that’s technically food, but lacks many of the health benefits that the food should have.
  - It contains LITTLE TO NONE OF THE NUTRITION.
  - We end up mechanically full, but nutritionally starved!
  - If we do that often enough, we will absolutely harm ourselves at the cellular level, possibly triggering chronic conditions and diseases.

# FOOD LIES

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## **FAST FOOD**

Highly accessible

Convenient

Great tasting

Promoted heavily

Inexpensive

## **HEALTHY EATING**

Less accessible

Less convenient

Not as good tasting

Not promoted

More expensive

# THE "IT'S TOO EXPENSIVE" MYTH\*

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## STANDARD AMERICAN DIET (S.A.D.) DIET

MENU COST: \$16.07

### Breakfast

Bagel with cream cheese  
Orange juice  
Coffee

### Lunch

Two fast-food cheeseburgers, French fries, and a soda

### Snack

Two chocolate chip cookies with milk

### Dinner

Mixes greens salad with tomatoes and purchased  
Ranch dressing  
Frozen lasagna  
Vanilla ice cream  
Iced tea

## NUTRITION FACTS:

Calories - 2,692  
Protein - 78 g  
Carbohydrates - 344g  
Total Fat - 115 g  
Saturated Fat - 46g  
Sodium - 3,686 g  
Fiber - 21g  
Beta Carotene - 826mcg  
Vitamin C - 207 mg  
Calcium - 1,362mg  
Iron - 17mg  
Folate - 591mcg  
Magnesium - 261mg  
Zinc - 11.6mg  
Selenium - 93mcg

**Protein (11.4%)**  
**Carbohydrate (50.5%)**  
**Total Fat (38.1%)**

\*From How to Eat For Life: The End of Dieting" by Joel Fuhrman, M.D.,  
pg. 164

# THE "IT'S TOO EXPENSIVE" MYTH

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## WHOLE FOODS DIET

MENU COST: \$14.50

### Breakfast

Oatmeal with blueberries and chia seeds  
Hemp Almond Milk (1 cup)

### Lunch

Salad of mixed greens with tomato, bell pepper,  
red onion, and sunflower seeds and dressing  
Homemade vegetable bean soup  
Apple

### Dinner

Raw veggies - carrots, bell peppers, radishes, fennel,  
snow peas, cherry tomatoes, and cucumber - dipped in  
dressing.  
Mushroom-bean burgers on a rice cake with lettuce,  
tomato, and red onion.  
Fresh fruit sorbet

## NUTRITION FACTS:

Calories - 1,897  
Protein - 65g  
Carbohydrates - 275g  
Total Fat - 75g  
Saturated Fat - 8g  
Sodium - 487mg  
Fiber - 57g  
Beta Carotene - 28,965mcg  
Vitamin C - 333mg  
Calcium - 865mg  
Iron - 22.1mg  
Folate - 973mcg  
Magnesium - 864mg  
Zinc - 15.2  
Selenium - 85mcg

**Protein (12.8%)**  
**Carbohydrate (54.1%)**  
**Total Fat (33%)**



# LIFE FORCE ONE: NUTRITION



- **Eat Fresh:** The best definition of fresh food is produce that hasn't been lying around too long before we eat it.
- **Eat Raw Foods:** Eat at least one meal a day of raw vegetables or fruit.
  - It alkalizes our tissues (alkalization is a life force!)
  - Retains all the water, which improves our hydration.
  - They hang onto their enzymes.
  - It's why salads and smoothies are so important to a healthy diet!
- **Eat Variety:** It's not just the spice of life, it also ensures that we get all the different micronutrients we need!
- **Whole foods, not pills, should be the primary source of our most important nutrients.**

# EATING RIGHT CAN SAVE YOUR LIFE

So how can you NOT afford to eat right with fresh, whole nutritious foods?



*Learn how to make Life Force 1 into a lifestyle with my 10-Day Nutrition Program. I break down all the principles in my book into an easy-to-follow eating plan – and the recipes are easy, simple, and taste amazing!*

**[www.superlife.com/10-day](http://www.superlife.com/10-day)**

- *Eat to support the 5 Life Forces - feel energized and healthy again!*
- *40+ easy, whole food recipes*
- *Learn how to incorporate foundational superfoods such as turmeric and medicinal mushrooms*
- *Get my personal guides and food planning strategies.*

## LIFE FORCE TWO: HYDRATION



# YOUR BODY IS 70-80% WATER, & 80% OF YOUR BRAIN IS WATER

### WATER:

- Is essential for digestion, nutrient absorption, and elimination
- Aids your circulation
- Helps control your body's temperature
- Lubricates and cushions your joints
- Keeps your skin healthy
- Helps remove toxins from your body
- If you get dehydrated, almost every cellular process in your body decreases.

## LIFE FORCE TWO: HYDRATION



### **DAILY WATER INTAKE:**

**Water intake should be 50% of your body weight in ounces.**

**(Example: 200 lbs. = 100 oz.)**

**Note: Always drink more under warmer conditions.**

## LIFE FORCE TWO: HYDRATION



- We spend eight hours or so daily without drinking a single drop – when we sleep. *We need to start every morning with a big glass of water.*
- Drink a big glass of water when you feel tired, fuzzy-brained, or emotionally drained.
- Our kids also need to drink lots of water! Latest research has found that test scores and academic abilities actually depend on whether or not they've been drinking water.
- Pop, beer, tea, and even fruit juices are not hydrating your body the same way pure, clean water will.



## LIFE FORCE THREE: OXYGENATION



# WANT TO KNOW HOW IMPORTANT OXYGEN IS?

## Hold your breath!

- Do everything possible to get lots of oxygen into your body.
- Don't just inhale it – make sure to get oxygen from the foods you eat, such as fresh fruit and vegetables.
- The symptoms of too little oxygen show up in our cells everywhere, from fatigue to immunity problems to Alzheimer's disease.

# COMBINE LIFE FORCE 1 & 3 (NUTRITION AND OXYGENATION) WITH THE WIM HOF METHOD

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**The Wim Hof Method is the single greatest, *most natural* way to saturate your body with available oxygen as well as simultaneously make yourself a disease-fighting and performance machine while increasing the pH of your body to an alkaline state!**

- From there the next step is to create an environment for your body to better receive and use more oxygen.
- That's where linking better breathing (Life Force 3) with nutrition (Life Force 1) comes into play.
- Nutrition plays a big role in preparing your body to better receive and utilize the oxygen coming in through the lungs.
- Check out my blog on SuperLife.com. Search for Wim Hof/find it on the home page.

## LIFE FORCE THREE: OXYGENATION



- **BREATHE CONSCIOUSLY.**
  - That means inhaling deeply, to fill your lungs, and then empty them completely.
  - Too many people breathe shallowly. Breathing deeply through the nose is also a great stress reliever, immediately calming the body, and it's safer and cheaper than Valium!
- **GO OUTDOORS.**
  - The concentration of oxygen in the air is higher outdoors than indoors, so spend more time surrounded by trees and grass, which make the air cleaner and richer. *Oxygen is medicine.*
- **GET SOME EXERCISE EVERY DAY.**
  - Physical activity requires you to inhale and exhale deeply.
- **WHERE YOUR BREATH GOES, YOU GO.**
  - If it is short and rapid, the body will be stressed and tight. When it is deep and full, the body is loose and relaxed.



# LIFE FORCE FOUR: ALKALIZATION



- WHY TOO MUCH ACIDITY HARMS US
  - The acid alkaline balance affects every area of the body.
  - The environment either creates health or disease.
  - We need a certain level of acidity in our bodies to live.
- WHAT YOU ARE PUTTING IN YOUR MOUTH: IS IT ACIDIC OR ALKALINE?
  - Eat mineral-rich plants
    - Natural alkaline-producing effect on the body.
  - Processed food / the SAD Diet
    - Dead/processed foods have an acidic effect.
  - The body has to have an alkaline/acid balance for every system to function correctly.
    - When they are off, your whole body is affected: digestion, blood, immune system, nervous system, organs, skin, brain, and more.
- THE PROTEIN MYTH
- GLUTEN'S IMPACT

# HOW MUCH PROTEIN SHOULD YOU EAT?

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- Get no more than 15 percent of a day's total calories from protein.
  - OR eat 1/3 a gram of protein for every pound of body weight.
    - A 150-pound person should get around 50 grams a day, or a little under 2 ounces.
- We can get all the protein we need, and the essential amino acids, from plant sources.
  - Those vegetables and beans include many healthy nutrients and antioxidants along with the protein they contain.

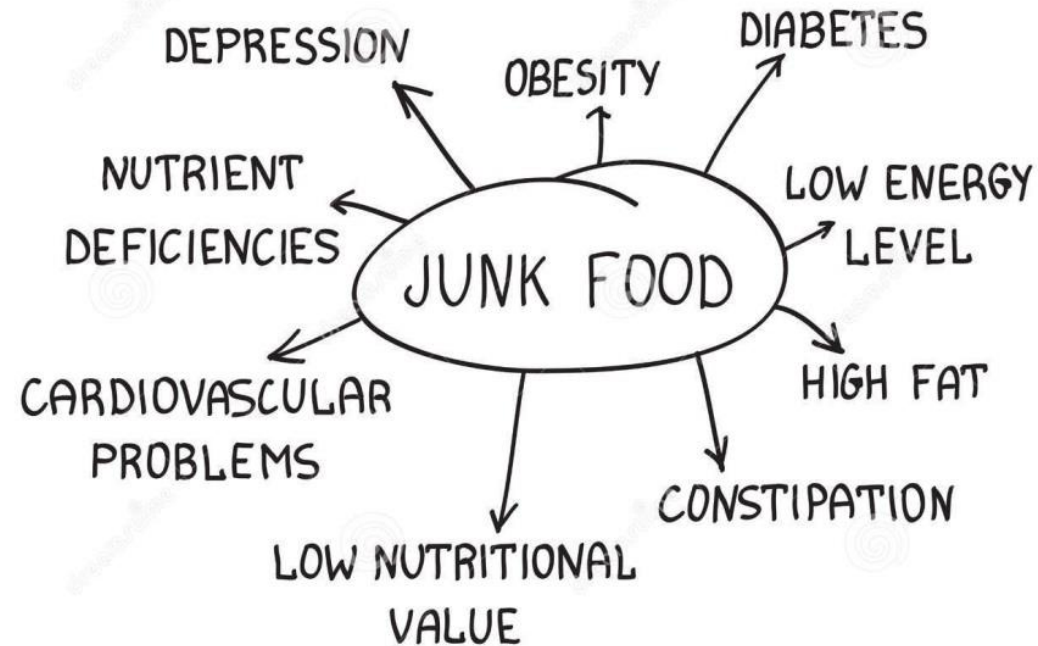


# HOW MUCH PROTEIN SHOULD YOU EAT?

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- **Plant Protein Examples:**
  - Cooked Quinoa: 4.4 grams
  - Avocado: 2.2 grams
  - Black Beans: 9.9 grams
  - Raw Spinach: 2.8 grams
  - Lentils: 9 grams
  - Roasted Almonds: 21 grams
- If you want protein from animal foods, organic, free-range eggs are the healthiest source.
  - *If you eat meat, it should be in small portions of pasture-raised, non-GMO, organic grass-fed, and without the hormones and antibiotics use on factory farms. Eat only fish that is wild-caught, and in modest portion sizes.*

# Removing Processed Food = Reducing Nutritional Stress = MASSIVE Positive Health Boost



# LIFE FORCE FIVE: DETOXIFICATION



- Take care of the other four life forces – **proper nutrition, hydration, oxygenation, and alkalization** – in order to boost your detox system.
  - Otherwise, you can't expect your body to fight off disease and rid you of the harmful substances you inadvertently take in.
- Eat foods and adopt habits that support your liver and kidney function, since those organs (especially the liver) have to handle all the toxicity you absorb every day.
  - Don't become a boozehound or a drug user.
- Brightly colored fruits and vegetables are typically high in antioxidants, which is why it is important to let your eyes guide you.

# START YOUR SUPERLIFE TODAY WITH 5 SIMPLE CHANGES!

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1

Eat at least one raw salad with *different colored vegetables* in it daily. Don't put processed salad dressing on it! Work up to eating something raw at every meal!

2

Drink a glass of water in the morning *right when you wake up!*

3

Get more oxygen! Tip: Take 3 deep breaths before each meal and express some gratitude!

4

Avoid *high fructose corn syrup and sugar*. Better yet, if a product label lists more than 5 ingredients (besides spices) and anything you can't pronounce, *put it back!*

5

Remove all sources of wheat, rye, barley, spelt, and oats (unless certified gluten-free).

